

P-1 Eating Right! Feeling Good!

The food you eat becomes part of your baby's toes, fingers, brain, and bones! That's why what you eat is important.



What is “Eating Right” During Pregnancy?

1. Eat 5-6 times a day.
2. Choose a wide variety of foods. You should eat foods from each of the food groups every day.
3. Eat lots of fruits and vegetables of different colors. Eat salads. Eat a vegetable with lunch and dinner, or have two with dinner. Snack on fruit. Include a fruit or vegetable each time you eat.
4. Drink milk with your meals. Eat foods made with milk like cheese, yogurt, and cottage cheese.
5. Choose whole grains like whole wheat bread, brown rice, or oatmeal.
6. Eat lean protein foods like chicken, fish, or beans.
7. Drink plenty of water. Avoid drinks high in sugar like pop, sweet tea, and energy drinks.

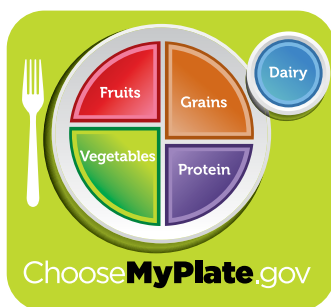
Making Changes

You may have to change some things about how you eat. Try making one change at a time. What do you want to change?



General Guidelines

Food	Daily Servings	Serving Sizes
Bread Cereal Rice Pasta	6	1 slice 1 cup flake-type cereal ½ cup cooked rice ½ cup cooked pasta Use more whole grain products.
Vegetables	5	½ cup cooked or 1 cup fresh 1 cup lettuce or other leafy greens ½ cup vegetable or tomato juice
Fruits	4	½ cup cooked 1 cup fresh ½ cup 100% fruit juice
Milk Yogurt Cheese	3	1 cup milk 1 cup yogurt 1 to 2 slices cheese
Meat, Poultry, Fish, Dried Beans Eggs Peanut Butter Nuts/Seeds	6	1 ounce meat, poultry, or fish ½ cup cooked beans 1 egg 2 tablespoons peanut butter 2 tablespoons nuts/seeds



Department of Health

Women, Infants, and
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